

Enlightened Life Temple
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The rituals you will learn about in this document should be used as rituals of protection in the area where you study, meditate, perform spiritual exercises, or conduct other ceremonies. They are ancient rites from the western esoteric traditions and have been performed by thousands of initiates for hundreds of years. The rituals are highly protective in nature, but they also aid the practitioner in centering him/herself and clarifying the working environment. The rites should be performed daily at your altar or in your sacred space for ninety days. During the beginning of your practice period, you will notice definite changes in your perceptual capabilities. You may find your etheric vision developing, and you may see energies, vibrations, or beings that were previously invisible to you. You will want to continue these rites on a regular basis after the ninety-day period, as they form a strong protective circle around your space and yourself.

The central rite is known as the Ritual of the Pentagram. It begins and ends with the Qabalistic Cross, which is a beautiful ritual by itself. The Cross began in the Kabbalistic mystical traditions; and in later years, a reversed version of it became the “sign of the cross” in the Catholic church. Even Protestant churches speak the words of the Cross at the end of the Lord’s prayer; though few of them realize they are speaking an ancient mystical incantation! The Qabalistic Cross may be performed alone every morning upon awakening and every night before sleep. It can also be done quickly and strongly anytime you need to feel more centered and grounded.

As you perform the ritual of the Cross, visualize the Divine White Cosmic Light coming in the top of the head and going out through the feet. At the heart, see the Light extending out endlessly to your right and left. At the end, image a vibrant golden, 6-rayed star in the heart.

Stand and face east.

Say the following words: “Ateh”

(Ah-tay means “Unto Thee.” Touch your forehead with the index finger of your strong hand and visualize a radiant sphere of brilliant white light at the top of your head as you speak.)

“Malkuth”

(Mahl-koot means “the Kingdom.” Touch your heart, and visualize the white light entering into the top of your head and descending down your body, through your heart, down your spine, and out the bottoms of your feet into the earth.)

“veh-Geburah”

(vway-Geboorah means “and the Power.” extend your right arm out to the side, visualizing another brilliant beam of light emanating out from your heart, along your right arm, and through your right hand to the ends of the Universe.)

“veh-Gedulah”

(vway-Gedoolah means “and the Glory.” Extend your left arm out to the side, visualizing another brilliant beam of light emanating out from your heart, along your left arm, and through your left hand to the ends of the Universe.)

“le-Olahm”

(Lay-oh-lahm means “unto the countless ages.” Bring your arms back in and place your hands palms together at heart. Visualize a scarlet red rose blooming in your heart, at the center of the cross of light.)

Still standing, extend your arms out to the sides again in the form of a cross. Visualize yourself standing in the cross of light with the red rose opening and radiating from your heart.

Say:

“Before me, Raphael. (Rah-fye-el)
Behind me, Gabriel. (Gahb-rye-el)
At my right hand, Michael. (Me-kye-el)
At my left hand, Auriel. (Ur-eye-el)
Surrounded by the Archangels,

I am in the center of the 6-rayed star."

This version of the Kabbalistic Cross should be performed before and after the following rite.

Ritual of the Pentagram

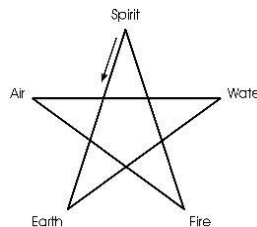
Though this ritual was traditionally known as the Lesser Banishing Ritual of the Pentagram (LBRP), it is best performed as an invoking ritual. Banishing rituals drive energies and forces away, which is not always a bad idea. However, it is not wise to spend too much time doing banishing rituals as they deplete and dissipate the vibrations of the sacred space. Instead, work with these rituals to help you increase the positive energies in your sacred space, as a way of invoking higher spiritual forces. Of course, as these vibrations become stronger, all lesser energies will be forced to leave the area.

Because of its highly protective nature, this ritual should be performed before any spiritual practice or ritual act or any time you want to have extra spiritual protection. If it is performed daily in the same space for the ninety days, it will clear and charge your space, create a protective barrier in your environment and increase your spiritual awareness. It begins with the first part of the Kabbalistic Cross (details given above) but ends with a slightly different closing. Below is a detailed description of the rite. At first you will have to work the rite slowly, referring to the instructions. After you have practiced it several times, it will begin to flow more easily.

Enter your sacred space (or stand at your altar) and light a white candle to signify the Highest Light. Face east and perform the first part of the Cross:

"Ateh...(touch forehead)
Malkuth...(touch heart)
veh-Geburah...(extend right hand)
veh-Gedulah...(extend left hand)
le-Olahm" (place hands palms together at heart).

Walk to the eastern wall of the room. Extend your strong arm in front of you. With the index finger of your strong hand make the form of an invoking pentacle of spirit in the air in front of you. The invoking pentacle of spirit begins at the top of the pentacle and goes down to the bottom left point.



As you form the pentacle, visualize it being formed of blazing flames. Now slowly chant:

"Eloah-Va-Daath" (Eh-low-ah vah Dye-yaht)

As you come to the last syllable, strongly project the vibration of your voice into the center of the pentacle as you extend your hand into the same place. (The name means, "Divine made manifest in the sphere of the mind.")

Keeping your hand extended in front of your, turn to your right to the southern wall of the room. As you turn, visualize a bright white line emanating from the center of the fiery eastern pentacle that your finger is moving to the south.

Facing south, point your finger again and repeat the visual creation of another invoking pentacle. Chant slowly:

“Yod-Heh-Vav-Heh*” (Yode-hay-vwav-hay)

Project the vibration of the word to the center of the southern pentacle and send the power out through your hand. (*Yod-Heh-Vav-Heh is the name of God known as the Tetragrammaton. It is also represented by the letters YHWH.)

Again, direct and visually draw the white line around from the center of that pentacle to the western wall of the room. Repeat the formation of the pentacle in the west and chant slowly:

“Elohim” (Eh-low-heem)

Project the vibration of your voice into the center of the pentacle and throw your hand toward it. (Elohim means, “Goddess.”)

Bring the circle of light around to the north and form another pentacle. Slowly chant and project:

“Adonai” (Ah-doe-neye-ee)

Bring the white line back around to the east and connect it to the flaming pentacle of the east. You should now spend a few minutes strengthening the visualization of yourself standing in the center of a bright white circle that is connecting four flaming pentacles at each of the quarters.

Still facing east, extend your arms out to the sides in the form of a cross. Recite:

“Before me, Raphael.
Behind me, Gabriel.
At my right hand, Michael.
At my left hand, Auriel.

Around me flame the pentagrams and in the center stands the six-rayed star.”

(Continue to visualize the flaming pentacles and white circle around you. See the six-rayed Star of David in your heart).

Repeat the rite of the Cross:

“Ateh Malkuth, veh-Geburah, veh-Gedulah, le-Olahm.”